



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PREPARE ONCE EAT HEALTHY ALL WEEK

Meal Prep Mondays

It can seem overwhelming to make your meals in advance, but can save you stress in the long run. We're here to show you how to prepare multiple meals in just two hours. It can save you hours of work during the week and give you more time to spend with your family! Participants must bring 6 containers to take their meals home. Members and potential members are welcome.

Monday, June 11

6:00pm - 8:00pm

Cost: \$30 per class

Registration May 14 - June 08

Minimum: 4 participants

Limit: 8 participants

*If class fills up, a 2nd class will be held with at least 4 people on the wait list.

Classes held in Y-Zone kitchen.



SUMTER FAMILY YMCA

510 Miller Road
Sumter, SC 29150
803-773-1404
ymcasumter.org



Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.